

# FATS



	SERVING	PROTEIN	CARBS	FAT	FIBER
Almond Butter*	1 tbsp	2	3	9	1
Almonds	1 oz	6	1	14	3
Avocado	1 oz	1	2	4	2
Bacon (8g slice)*	1 slice	3	0	3	0
Brazil Nuts	1 oz	4	4	19	2
Butter*	1 tbsp	0	0	12	0
Canola Oil	1 tbsp	0	0	14	0
Cashews	1 oz	5	9	12	1
Cheese (American)*	1 oz	6	1	6	0
Cheese (Blue)*	1 oz	6	0	8	0
Cheese (Cheddar)*	1 oz	7	0	9	0
Cheese (Feta)*	1 oz	7	2	7	1
Cheese (Mozzarella)*	1 oz	5	1	5	0
Cheese (Provolone)*	1 oz	6	0	7	0
Cheese (Swiss)*	1 oz	8	1	6	0
Chia Seed	1 tbsp	3	5	5	5
Coconut Oil	1 tbsp	0	0	14	0
Flaxseed	1 tbsp	2	3	4	3
Flaxseed Oil	1 tbsp	0	0	14	0
Half and Half*	1 tbsp	0	1	2	0
Hazelnuts	1 oz	4	5	17	3
Heavy Whipping Cream*	1 tbsp	0	0	6	0
Hemp Seed	1 oz	10	2	13	1
Macadamia Nuts	1 oz	2	4	21	3
Macrona Almonds	1 oz	6	6	14	4
MCT Oil	1 tbsp	0	0	14	0
Olive Oil	1 tbsp	0	0	14	0
Olives*	10 olives	0	5	3	1
Peanut Butter*	1 tbsp	4	3	8	1
Peanuts	1 oz	7	5	14	2
Pecans	1 oz	3	4	20	3
Pine Nuts	1 oz	4	4	19	1
Pistachios	1 oz	6	8	13	3
Sausage (Beef)*	4 oz	21	0	32	0
Sausage (Pork)*	4 oz	22	0	32	0
Sunflower Seed Butter	1 tbsp	3	4	8	0
Walnuts	1 oz	4	4	18	2

\*Macros vary slightly by brand